



Are you RETURNING from areas where ZIKA, CHIKUNGUNYA and DENGUE viruses are found?

If you develop symptoms of Zika virus infection during/after travel to Zika affected countries, there are things you need to do to protect yourself:

Symptoms of Zika virus infection:

- fever • rash • joint pain
- conjunctivitis (red eyes)

Symptoms typically appear 2 to 7 days after being bitten by an infected mosquito.

PROTECTION

Contact your healthcare provider immediately if you develop symptoms of Zika virus, especially if you are pregnant.

Get plenty of **rest and drink fluids** to prevent dehydration. Take medicines such as acetaminophen or paracetamol to reduce fever and pain.

DO NOT take aspirin or other anti-inflammatory drugs (including Motrin, Ibuprofen, Aleve, Naproxen) unless you are evaluated by a physician.

Use an **EPA-registered insect repellent** and take other measures to avoid being bitten by mosquitoes during the first week of illness. This is when the virus can be passed to others through mosquitoes.

PREVENTION

When outdoors, prevent mosquito bites by using an **EPA-registered insect repellent** that contains one of the following: DEET, picaridin, IR3535, or oil of lemon eucalyptus. Follow product instructions.

Cover up. Wear long-sleeved shirts, long pants, and socks. For infants, place mosquito netting over infant carriers, cribs, and strollers.

Check inside and outside your home. Once a week, empty, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers.

Install or repair window screens. Keep mosquitoes outside. Use your air conditioning, if you have it.

Contact your healthcare provider immediately if you develop symptoms of Zika Virus: rash, fever, joint pain, red eyes.